

Contemplation

Feeling Positive About You

Having a positive self-image, or feeling positive about you, is an important part of being healthy. Your self-image is important because how you feel about yourself can affect your actions and how well you take care of yourself.

For example, if you feel like you are too weak to try sports or to work out, you may never go with your friends when they invite you to play basketball or tennis. If you never try working out, you might continue to feel weak and think you are not good enough for physical activity. If instead you try sports anyway, you may find out that you are better at it than you thought, and you will start to feel stronger and more confident just for trying.

If you are **NOT** doing healthy things as often as you could, do any of these words describe how you view yourself?

Weak	Healthy	Depressed	<input type="text"/>
Strong	Low self-esteem	Happy	<input type="text"/>
Lazy	Sure about myself	Like I don't fit in	<input type="text"/>
Proud	Normal	Accomplished	<input type="text"/>
Careless	Motivated		

Weak	Healthy	Depressed	<input type="text"/>	<p>As someone who DOES healthy things, like eating well and exercising regularly, how would you view yourself?</p>
Strong	Low self-esteem	Happy	<input type="text"/>	
Lazy	Sure about myself	Like I don't fit in	<input type="text"/>	
Proud	Normal	Accomplished	<input type="text"/>	
Careless	Motivated			

Want a healthy Self-image? Try this



- If there are things about yourself that you'd like to change, do this by making goals for yourself. Start with small, simple goals and then keep working to accomplish more challenging goals little by little.
- Give yourself at least three compliments each day! Look for things that you really like about yourself or that you did well that day. You can also ask friends and family to help you come up with ideas!
- Spend time with positive people. It's easier to feel positive about you if you are around people who realize it's important to like yourself.

For More Information visit: www.HealthyMeFlorida.com